

## MANAGEMENT OF COVID -19 VIRUS WITH INDIAN SYSTEM OF MEDICINE – A CASE STUDY

<sup>1\*</sup>Dr. Varnni S. P. K. and <sup>2</sup>Dr. Sujathamma K.

<sup>1</sup>Final Year Pg Scholar, Department of Shalakya Tantra, Sri Kalabhyraveshwara Swamy Ayurvedic Medical College, Bangalore, Karnataka.

<sup>2</sup>HOD, Department of Shalakya Tantra, Sri Kalabhyraveshwara Swamy Ayurvedic Medical College, Bangalore, Karnataka.

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### \*Corresponding Author

**Dr. Varnni S. P. K.**

Final Year Pg Scholar,  
Department of Shalakya  
Tantra, Sri  
Kalabhyraveshwara Swamy  
Ayurvedic Medical College,  
Bangalore, Karnataka.

### ABSTRACT

COVID-19 is an infectious disease caused by the most recently discovered corona virus and has already acquired an epidemic nature. In the present scenario there is no evidence that conventional medical system can prevent or cure the disease while the time tested traditional knowledge of Ayurveda can help in management and prevention of the disease. The prime aim of the management was to improve the *Agni* and facilitate *ama pachana* with medicines Amritarishta, Sudarshana ghanavati, agasthaya hareethaki lehya and haridrakhandam. The scope of Ayurveda in treating the pandemic is enormous which needs to be considered in the mainstream healthcare system judiciously.

**KEYWORDS:** Case report, COVID-19, Ayurveda, symptoms, Integrative medicine, SARS CoV 2.

### INTRODUCTION

Coronavirus disease (COVID-19) is an infectious disease caused by SARS- CoV-2 virus. This pandemic has created a global health crisis posing an unprecedented public health emergency. Most people infected with the virus will experience mild to moderate respiratory illness. The best way is to prevent the virus and slow down the transmission. This can be achieved by protecting ourselves from infection by following social distancing, wearing a properly fitted mask and maintaining self-hygiene. The virus can spread from an infected

person's oral cavity and nose in small liquid droplets when they cough, sneeze, speak or breathe. This particle ranges from large respiratory droplets to smaller aerosols. The incubation period is 5-14 days. The most common symptoms are fever, cough, malaise, anorexia and anosmia. The associated complaints are sore throat, headache, diarrhea, redness of eyes. In some serious conditions patients experience difficulty in breathing, loss of speech, confusion and chest pain. The effective management to address this infection is still evolving and attempts are made to integrate traditional interventions along with standard of care. The current understanding of COVID-19 indicates that good immune status is vital to prevent and to safeguard from disease progression.

## CASE REPORT

A 48year old female approached with history of exposure to covid patient, complaining of raised body temperature, malaise and nasal discharge associated with headache and nausea since a day. On examination her temperature was 100°F, pulse rate was 82bpm and SPO<sub>2</sub> was 95%. She was advised to test for RTCPDR and was prescribed Amritarishta<sup>[1]</sup> 3tsp with equal quantity of water thrice a day after food along with Septilin tablet one tablet thrice a day after food. As the result was positive the next day, she was counselled and isolated in a separate room. Along with previous medications she was asked to take Sudarshana ghanavati<sup>[2]</sup> one tablet thrice a day after food, Haridra khanda<sup>[3]</sup> one teaspoon twice a day with warm milk before food, haridra dhoomapana twice a day and triphala qwatha for gargling four times a day. On daily basis blood sugar level, blood pressure, SPO<sub>2</sub> and pulse rate was monitored. After 3 days her temperature was 99°F, pulse rate was 78bpm and SPO<sub>2</sub> was 96%. The symptoms such as fever and anorexia had reduced but anosmia, nasal discharge, headache and malaise persisted. She was asked to continue the same treatment for next 5 days. The examination on 5<sup>th</sup> day revealed marked difference in conditions like anosmia, nasal discharge, headache and malaise. She was suggested to continue gargling and dhoomapana along with agasthaya hareethaki lehya<sup>[4]</sup> and haridrakhanda internally for next 15 days and was asked to discontinue other internal medications. After 25 days when RTPCR test was done it was negative, her vitals were stable and had regained her health.

## DISCUSSION

The basic concept of ayurvedic treatment is to bring the doshas in equilibrium and to correct the agni which is the primary cause for formation of ama, the main underlying reason for all the diseases. In the current case study by the administration of ayurvedic medicines the

symptoms were controlled within 5 days. By the intake of rasayana treatments and general care for next 20 days RTPCR test came negative, the patient regained her complete health and had no evidence of post covid symptoms such as lethargy, difficulty in breathing, cough, head ache etc.

**Amrutharistam** mentioned in textbook sahasrayogam in context of jwara with giloy as the main ingredient is very effective in improving agni and as it is thiktha rasa pradhana it facilitate amapachana along with alleviating increased body temperature. Also there are molecular docking studies available for T.cordifolia proving its role in the management of COVID-19 virus.<sup>[5]</sup>

**Sudharshanam tablet**, it is the palatable form of sudharshana chooram explained in classical textbook of sahasrayogam. It is tiktharasa pradhana with kirathatikthaka (swertia chirata) as the main ingredient. This formulation aids to pacify vitiated pitta, does amapachana and also reduces the increased body temperature.

**Triphala kwatha gandoosha** has been advised because this drug contain anti-microbial, anti-inflammatory properties and are rich in antioxidants. Antibody IgA provides protection against pathogens and microorganisms.

Gandoosha procedure exerts mechanical pressure inside the oral cavity which in turn stimulates the pressoreceptors, increase in parasympathetic activity and there by trigger the production of saliva. An enzyme lysosome present in saliva causes increase in local defense mechanism. By this way the throat infection can be prevented.

**Dhoomapaana** procedure helps the drug to enter in sookshma srotas. with ushna and tikshna guna, it liquifies and eliminates the dosha from their nearer routes. The smoke arising from medicinal combination increases penetrating and the bioavailability of the drug. Haridra used for dhoomapana is rich in antioxidants and possesses anti-inflammatory, anti-allergic and antiseptic properties. So this brings down the morbid dosha.

**Agasthya rasayanam** and **haridrakhanda** was selected for post COVID management to improve immunity and respiratory health of patient. The combination was found to be effective in improving the strength of the respiratory system and increasing the oxygen saturation level.

## CONCLUSION

COVID -19 is self-limiting in majority of patients, so it is not possible to obtain a definite conclusion about the efficacy of any medical intervention with data from single patient. This case tries to points out the potential for Ayurveda to be considered as a first line in treating the patient with symptoms of COVID-19. Treatment along with proper intake of pathya ahara and by following pathya vihara can also be beneficial. further studies are required on different aspect of ayurvedic treatment modalities to obtain an assured cure for this pandemic.

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